POST CANCER SURGERY DIET: NUTRITION FOR A BETTER RECOVERY

Understanding nutrition needs after cancer surgery

Oncoheal Nutrition
https://oncohealnutrition.com/

ONCOHEAL
HEALING THROUGH NUTRITION

WHAT IS A POST CANCER SURGERY DIET?

A post cancer surgery diet is a personalized nutrition approach designed to support the body during recovery after cancer surgery.

It focuses on:

- Adequate calories and protein
- Nutrient-dense foods
- Supporting wound healing
- Maintaining muscle mass
- Meeting changing nutritional needs

ONCOHEAL
HEALING THROUGH NUTRITION

WHY IS NUTRITION IMPORTANT AFTER SURGERY?

After cancer surgery, the body may require additional nutritional support for healing and recovery.

Good nutrition can help support:

- Wound healing
- Tissue repair
- Muscle maintenance
- Energy levels
- Overall nutritional status

ONCOHEAL
HEALING THROUGH NUTRITION

PROTEIN-RICH FOODS

Protein is an important part of recovery nutrition.

Examples include:

- Eggs
- Paneer
- Milk and dairy products
- Dal and pulses
- Soy-based foods
- Chicken, fish or other suitable protein sources

Important: Individual food choices should be based on the patient's condition and medical advice.

ONCOHEAL
HEALING THROUGH NUTRITION

ESSENTIAL NUTRIENTS

A balanced post-operative diet may include foods providing:

- Protein
- Carbohydrates
- Healthy fats
- Vitamins
- Minerals
- Adequate fluids

Nutritional requirements can vary depending on diagnosis, treatment, surgery and individual needs.

ONCOHEAL
HEALING THROUGH NUTRITION

MANAGING FOOD INTAKE AFTER SURGERY

Some patients may experience changes in appetite or difficulty eating after surgery.

Helpful approaches may include:

- Smaller, frequent meals
- Nutrient-dense foods
- Adequate hydration
- Appropriate food textures
- Personalized meal planning

ONCOHEAL
HEALING THROUGH NUTRITION

PERSONALIZED NUTRITION MATTERS

There is no single diet suitable for every cancer survivor after surgery.

A nutrition plan may consider:

- Diagnosis
- Type of surgery
- Treatment severity
- Nutritional requirements
- Treatment-related side effects
- Cultural food preferences

Oncoheal Nutrition follows a personalized approach when creating post-surgery nutrition plans.

ONCOHEAL
HEALING THROUGH NUTRITION

POST-SURGERY NUTRITION SUPPORT

A professional nutrition program can provide:

- Individualized nutritional guidelines
- Nutrition assessment
- Personalized diet planning
- Regular follow-ups
- Progress monitoring
- Appropriate nutritional supplements where required

These are among the stated features of Oncoheal Nutrition's Post-Surgery Care Program.

GET PROFESSIONAL NUTRITION SUPPORT

Post Cancer Surgery Diet with Personalized Nutrition Support

Oncoheal Nutrition provides personalized post-surgery nutrition programs designed around individual nutritional needs and recovery requirements.

Website:
Oncoheal Nutrition – Home

Contact / Consultation:
https://oncohealnutrition.com/contact-us-onco-nutritionist/

Phone: +91 7208765319

Email: contact@oncohealnutrition.com